

Pistachios-Roasted & Salted

Nutrition Facts

Serving Size: 1oz, 49 kernels (28g)

Serving per Container:

Amount per Serving

Calories 160 Calories from Fat: 109

% Daily Value *

Total Fat 13 g 20 %

Saturated Fat 2 g 8 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 114 mg 5 %

Total Carbohydrates 8 g 3 %

Dietary Fiber 3 g 12 %

Sugars 2 g

Protein 6 g

Vitamin A 1% Vitamin C 1 %

Calcium 3% Iron 7 %

* Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65 g 80 g

Sat Fat Less than 20 g 25 g

Cholesterol Less than 300 mg 300 mg

Sodium Less than 2,400 mg 2,400 mg

Total Carbohydrates 300 g 375 g

Dietary Fiber 25 g 30 g

Calories per gram

Fat 9 Carbohydrates 4 Protein 4

Ingredients: Pistachios, Salt

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.